

ADMINISTRATION ON AGING

Evidence-Based Disease Prevention – Falls Prevention

Organization: North Central Area Agency on Aging, Hartford, CT

Project Title: Evidence-Based Fall Prevention in Senior Centers

Project Period: 09/30/2003 TO 09/29/2006

FY 2003 Award Amount: \$220,000

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Model:

This intervention will be based on the Yale Frailty and Injuries: Cooperative Studies of Intervention Trials (FICSIT) and other random controlled trials, including evidence-based algorithms adapted from the American and British Geriatrics Societies. Protocols from the Connecticut Collaboration for Fall Prevention (CCFP) will also be adapted for use in senior centers. Professionals from CCFP (Drs. Baker and Tinetti and Ms. Gottschalk) will provide training and oversight.

Project's Overall Design:

The goal of this project is to embed a sustainable evidence-based fall prevention program within greater Hartford, Connecticut senior centers by enhancing fall prevention related knowledge and behavior, while also building or enhancing relationships between senior centers and relevant community and health care organizations.

Project objectives are to develop, implement, evaluate, and disseminate a fall prevention program that is based on research targeting the following:

- Balance, gait, and vision impairments
- Postural hypotension
- Multiple medication use
- Home hazards

Partnerships:

- North Central Connecticut Area Agency on Aging (AAA) will ensure collaborations with existing community-based senior service programs and services.
- Connecticut Hospital Association/Connecticut Association for Home Care will help tie together health care-based efforts with community-based efforts. This work will build on and be integrated into the Connecticut Collaboration for Fall Prevention (CCFP) described below.
- Hartford Area Senior Centers are the Community Aging Service Provider (CASP). They will help identify existing programs and relationships, as well as methods to incorporate evidence-based fall prevention assessments and interventions.
- The Center on Aging at the University of Connecticut Health Center will act as the research organization for the project and will be responsible for data collection and analysis, as well as the evaluation of the program.

Connecticut Collaboration for Fall Prevention (CCFP):

This work will build on and integrate with the Connecticut Collaboration for Fall Prevention which is a collaboration of hospitals, outpatient rehabilitation facilities, home care agencies and primary care providers serving greater Hartford. The goal of CCFP is to imbed fall risk assessment and management into the health care of seniors by enhancing the knowledge, skills, and fall-related practices of relevant clinicians. CCFP is funded by the Donaghue Foundation and is directed by investigators at Yale University.

Target Population:

The target population for this intervention is older persons living in the area serviced by the North Central Connecticut AAA. Senior centers were chosen to capture a socio-economically, ethnically, and functionally diverse population. During the first year, 3 senior centers will be targeted with culturally tailored fall prevention programs (660 seniors served). During the second and third years, 8 additional centers will be included (4,000 seniors exposed). An additional 5,500 will be reached through an additional 30 senior centers. At-risk seniors that do not usually participate in senior services will also be targeted.

Anticipated Outcomes:

- Reduced falls in senior center clients
- Increased fall prevention knowledge and behaviors in center staff and clients
- Embed a sustainable evidence based fall prevention strategy in three senior centers in first year – eight more centers in years 2 and 3